

25 Ways Men Can Help End Domestic Violence

- 1 Accept and promote leadership from women
- 2 Be mindful of messages you give your sons and daughters
- 3 Challenge comments that tease or harass men for not being manly
- 4 Challenge other men when they say or do disrespectful things
- 5 Challenge yourself not to use language such as "throw like a girl" etc.
- 6 Encourage other men to express their emotions
- 7 Engage your community to talk about domestic violence
- 8 Express your broad range of emotions in a healthy manner
- 9 Give equal affection to your sons and daughters
- 10 Insist on fair and safe relationships
- 11 Interrupt disrespect respectfully
- 12 Join the Ohio Men's Action Network at www.mensactionnetwork.com
- 13 Know that much of your male privilege may not be visible to you
- 14 Know that your voice against violence may be heard more because of your gender
- 15 Learn about domestic violence by listening to survivors and advocates
- 16 Learn about the "Man Box" and how sexism holds men and boys back, too
- 17 Listen to the experience of women
- 18 Organize a local men's affiliate of the Ohio Men's Action Network
- 19 Promote practices in your organization that respect the worth and value of everyone
- 20 Raise funds for your local domestic violence program
- 21 Start a Mending Project in your local community
- 22 Talk with the boys in your life about respecting women
- 23 Teach yourself with resources at paulkivel.com and [A Call to Men.org](http://ACalltoMen.org)
- 24 Understand that you may not be able to imagine what it means to be raised female
- 25 Volunteer for your local domestic violence program



For more information, contact the Ohio Domestic Violence Network at 614-781-9651 and at www.odvn.org. Published as part of the 25 for 25 years of ODVN Celebration!

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